

Dear S DAS ,

Here is suggested diet plan for you

Service Booking ID: 6941765972



Diet Plan Summary



S DAS , Male 44 Years



Height : 172 cm.



1913 Kcal Plan



Weight

89 Kgs

Ideal weight : 68 Kgs



BMI

30.08

Obese



BMR

1755 Kcal

Suggested Plan for you

Based on your Daily Calorie, nutrients you require:

3 Week Plan

1913 Kcal Plan

Protein

71 gm Per day

Fat

53 gm Per day

Carbs

286 gm Per day

Fiber

35 gm Per day

Your Health Goals



Goal

Weight Loss

Your food choice



Food preference

Vegetarian

Your Lifestyle



Activity

Light

Monday Diet Schedule

 1696 Kcal

Morning

06:30AM

1 Glass-250 ml Dhaniya Seeds Water/ Coriander Seeds Water

07:30AM

1 clove Crushed Garlic, 8 pc Overnight Soaked Walnuts And Almonds

10:00AM

2 Bowl- 150 g Cauliflower Upma, 1 glass - 200 ml Curry Leaves Lassi



Lunch

11:30AM

1 tbsp - 15g Roasted Flax Seeds/ Alsi , 4 pc Indian Blackberry (Black Jamun)

01:30PM

1 quarter plate Beet And Cucumber Salad, 1.5 Bowl-150 gm Kathal/ Jackfruit sabzi, 2 pc Jowar Roti, 1 Bowl-150 gm Vegetable Salad Raita With Milk Curd/Vegan Curd, 1 Bowl-150 gm Sambhar

03:00PM

1 cup-150ml Green Tea



Evening Snacks

05:00PM

1 bowl-150g Cauliflower Soup, 1 pc Wood Apple



Dinner

07:30PM

1 portion Carrot Salad, 1.5 plate-250 gm Stir Fry Vegetables & 50G Grilled Paneer

08:30PM

1 cup- 200ml Mint (Pudina) Tea



Physical activities recommendation

- Physical activities can vary from Regular walks (Brisk or normal), Jogging, Sports, Stretching, Yoga to light weight lifting etc.
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Tuesday Diet Schedule 1912 Kcal



Morning

- 06:30AM** 1 Glass-250 ml Lukewarm Water With Lemon
- 07:30AM** 1 tbsp-15g Overnight Soaked Methidana (Fenugreek Seed), 7 pc Overnight Soaked Walnuts
- 10:00AM** 3 Bowl-150 gm Masala Oats, 1 cup- 200ml Almond Milk (Home Made- Unsweetened)



Lunch

- 11:30AM** 1 tbsp - 15g Sunflower Seeds, 1 piece-100g Kiwi
- 01:30PM** 1 quarter plate Salad- Cabbage/ Broccoli/ Cauliflower, 1.5 Bowl-150 gm Mixed Veg (Without Potato), 2 pc Amaranth Flour/ Rajgira Roti + 1/2 Tsp Ghee, 1 Bowl-150 gm Curd, 1 Bowl-150 gm Chana Curry/ Chickpeas Curry
- 03:00PM** 1 Glass-250 ml Lemon , Mint, Ginger, Salt Sherbet



Evening Snacks

- 05:00PM** 1 bowl-200g Vegetable Manchow Soup, 1 pc Soursop (Laxman Phal)



Dinner

- 07:30PM** 1 quarter plate Cucumber, Carrot And Seeds Salad, 1.5 portion Grilled Pepper, Vegetables & Paneer (40 Gm)
- 08:30PM** 1 cup-150ml Chamomile Tea



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Wednesday Diet Schedule



Morning

- 06:30AM** 1 Glass-250 ml Overnight Soaked Methi Water
- 07:30AM** 1 clove Crushed Garlic, 7 pc Pistachio
- 10:00AM** 2 pc Moong Dal Chilla/ Puda /Dal Pancakes (Medium), 1 Glass-250 ml Sambaram Or Butter Milk



Lunch

- 11:30AM** 1 tbsp - 15g Sesame Seeds, 1 pc Guava- Medium
- 01:30PM** 1 portion Cucumber Salad, 1.5 Bowl-150 gm Tinda Sabzi, 2 pc Multigrain Roti, 1 Bowl-150 gm Cucumbar Raita With Milk Curd/Vegan Curd, 1 Bowl-150 gm Rajma Curry/ Kidney Beans Curry
- 03:00PM** 1 cup- 200ml Lemon Tea (Without Sugar)



Evening Snacks

- 05:00PM** 1 bowl 250 ml Carrot Beetroot Soup, 10 pc Cherries



Dinner

- 07:30PM** 1 portion Tomato Salad, 1.5 Bowl-150 gm Vegetables Daliya/ Vegetable Porridge
- 08:30PM** 1 tsp- 5 gms Apple Cider Vinegar with Water



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Thursday Diet Schedule 1552 Kcal

Morning

06:30AM

1 Glass-250 ml Jira Water/ Jeera/ Cumin Seeds Water

07:30AM

1 tbsp-15g Overnight Soaked Methidana (Fenugreek Seed), 7 pc Over Night Soaked Almonds

10:00AM

2 bowl-150g Oats Khichdi, 0.5 cup- 200ml Almond Milk With Turmeric



Lunch

11:30AM

1 tbsp - 15g Basil Seeds (Soaked), 1 Bowl-150 gm Papaya

01:30PM

1 quarter plate Carrot And Cabbage Salad (Coleslaw), 1.5 Bowl-150 gm Tandoori Gobhi/ Cauliflower, 2 pc Millet Chapati, 1 Bowl-150 gm Ghia Raita With Milk Curd/Vegan Curd, 1 Bowl-150 gm Gatte (Besan)

03:00PM

1 cup-150ml Ginger Cinnamon Tea



Evening Snacks

05:00PM

1 bowl-250ml Mushroom Soup, 5 piece Cranberry Dried



Dinner

07:30PM

1 portion Carrot Salad, 1.5 plate-250 gm Grilled Tofu (50 Gm) And Stir Fry Veggies

08:30PM

1 cup- 200ml Mint (Pudina) Tea



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Friday Diet Schedule 1881 Kcal



Morning

- 06:30AM** 1 Glass-250 ml Dhaniya Seeds Water/ Coriander Seeds Water
- 07:30AM** 1 clove Crushed Garlic, 8 pc Overnight Soaked Walnuts And Almonds
- 10:00AM** 2 Bowl-150 gm Quinoa Upma, 1 cup- 200ml Cashew Milk - Home Made (Unsweetened)



Lunch

- 11:30AM** 1 tbsp - 15g Chia Seeds, 1 Bowl-150 gm Pineapple
- 01:30PM** 1 quarter plate Green Salad, 1.5 bowl - 150 g Parmal/ Parwal Sabzi (Ivy Gourd Stir Fried), 2 pc Missi Roti, 1 Bowl-150 gm Vegetable Salad Raita With Milk Curd/Vegan Curd, 1 Bowl-150 gm Kala Chana Curry/ Black Chckpea/ Bengal Gram Curry
- 03:00PM** 1 cup- 200ml Lemon Tea



Evening Snacks

- 05:00PM** 1 Block- 50 gm Dry Roasted Paneer -50G, 1 pc Guava- Medium



Dinner

- 07:30PM** 1 quarter plate Cucumber, Carrot And Seeds Salad, 1.5 Bowl-150 gm Mixed Vegetable Paneer Korma, 1 pc Ragi Roti With 1/2 Tsp Ghee (Finger Millet Chapati)
- 08:30PM** 1 cup-150ml Chamomile Tea



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Saturday Diet Schedule 1675 Kcal



Morning

- 06:30AM** 1 Glass-250 ml Lukewarm Water With Lemon
- 07:30AM** 1 tbsp-15g Overnight Soaked Methidana (Fenugreek Seed), 7 pc Overnight Soaked Walnuts
- 10:00AM** 2 pc Besan Chilla/Pancake-Medium, 1 glass-200ml Homemade Almond Milk (Unsweetened)



Lunch

- 11:30AM** 1 tbsp - 15g Pumpkin Seeds, 1 pc Orange
- 01:30PM** 1 quarter plate Beet And Cucumber Salad, 1.5 Bowl-150 gm Bhindi/ Ladies Finger/ Okra, 2 pc Jowar Roti, 1 Bowl-150 gm Curd, 1 bowl-150g Cauliflower Curry
- 03:00PM** 1 cup- 200ml Black Coffee



Evening Snacks

- 05:00PM** 1 Bowl-250 ml Vegetable Dal Soup, 1 pc Pears (Nashpati)



Dinner

- 07:30PM** 1 portion Tomato Salad, 1.5 Bowl-150 gm Spinach Dal/ Palak Dal, 2 pc Multigrain Chapati + 0.5 tsp ghee
- 08:30PM** 1 tsp- 5 gms Apple Cider Vinegar with Water



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Sunday Diet Schedule 🔥 1813 Kcal



Morning

- 06:30AM** 1 Glass-250 ml Overnight Soaked Methi Water
- 07:30AM** 1 clove Crushed Garlic, 7 pc Pistachio
- 10:00AM** 2 pc Paneer Stuffed Green Moong Chila, 1 cup- 200ml Toned Milk



Lunch

- 11:30AM** 1 tbsp - 15g Roasted Flax Seeds/ AlsI , 4 pc Indian Blackberry (Black Jamun)
- 01:30PM** 1 quarter plate Salad- Cabbage/ Broccoli/ Cauliflower, 1.5 Bowl-150 gm Matar Mushroom Sabji/ Peas Mushroom Curry, 2 pc Amaranth Flour/ Rajgira Roti + 1/2 Tsp Ghee, 1 Bowl-150 gm Cucumbar Raita With Milk Curd/Vegan Curd, 1 Bowl-150 gm Green Pea Masala Or Matara
- 03:00PM** 1 tbsp-15g Psyllium Husk In Warm Water



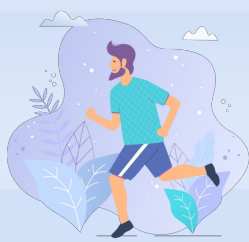
Evening Snacks

- 05:00PM** 1 Bowl-150 gm Black Chana Sprouts Or Boiled -50G, 1 pc Bael Fruit



Dinner

- 07:30PM** 1 portion Carrot Salad, 1.5 Bowl-150 gm Moong Dal, 1 Bowl- 200 g Cauliflower Rice
- 08:30PM** 1 cup- 200ml Mint (Pudina) Tea



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